

American Red Cross

Lifeguard Training

Mandatory Pre-test: **Sunday, March 18, 2012** from **10:00am to 1:00pm**, will include a water test, general information and registration. In order to register for training, you must pass all the qualifications listed below. *Call 631-921-6218 to register.*

Location: Pool at Brookhaven National Laboratory

Qualifications:

- Must be at least 15 years old.
- Pass swim test which includes 500 yard swim; 200 yards front crawl (freestyle); 300 yards alternating breast stroke, back stroke and side stroke.
- Tread water for 10 minutes.
- Start in shallow end, swim 25 yards, retrieve diving brick from depth of 9 feet, return brick within 1 minute 40 seconds. (Timed)
- Must attend ALL sessions (no exceptions).

FEE: \$400 (includes \$50.00 non-refundable deposit)

CLASS DATES: **Sunday - March 18 (10am-1pm pre-test class only!)**
Sunday - March 25, April 1, 15, 22, 29, May 6, 13

CLASS TIME: 10a-3p (unless noted otherwise)

Successful Candidates receive certifications in the following:

- Lifeguard training
- Waterfront lifeguard training
- CPR AED for lifeguards
- First aid

NOTE: Candidates who fail to meet qualifications at Mandatory Pre-test will be given one additional chance to qualify at a later date. If candidate still does not qualify, then the \$50.00 is non-refundable.
Call 631-921-6218 to register.

Send bottom portion to: Lifeguard Training, P.O. Box 502, Upton, NY 11973

Name: _____

Address: _____

Phone: _____

DOB: _____

Amount Enclosed: _____

Make check payable to CASH